FOR MORE INFORMATION

Washington State Department of Social and Health Services – Division of Behavioral Health and Recovery

Problem Gambling Program

360-725-3700

www.dshs.wa.gov/dbhr/gambling.shtml

Evergreen Council on **Problem Gambling**

360-352-6133

www.evergreencpg.org

National Council on Problem Gambling

www.ncpgambling.org

Gamblers Anonymous

www.gamblersanonymous.org

Gam Anon

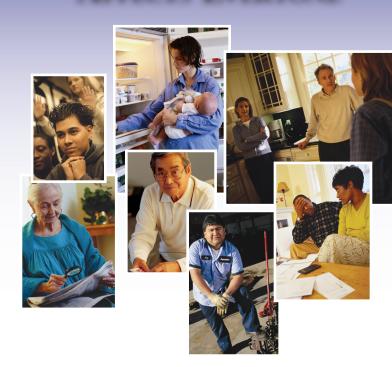
www.gam-anon.org



BHSIA Behavioral Health and Service Integration Administration

DSHS 22-1146 (Rev. 9/13)

PROBLEM GAMBLING AFFECTS EVERYONE



"I DIDN'T THINK I COULD GET ADDICTED TO GAMBLING — I THOUGHT I WOULD RECOGNIZE THE SIGNS"

– a 38-year old Helpline caller

WASHINGTON STATE
PROBLEM GAMBLING HELPLINE
1-800-547-6133

QUESTIONS TO ASK YOURSELF TO SEE IF YOU MIGHT NEED HELP:

- Am I spending more time and more money on gambling?
- Am I spending a lot of time thinking about gambling?
- ☐ Have I tried to cut back or stop, but can't?
- ☐ Am I irritable or restless when I can't gamble?
- Does gambling help me escape the troubles of life and make me feel better?
- Have I gone back another day to win back my losses?
- Have I lied to people I care about to hide my gambling?
- Have I taken money that wasn't mine, written bad checks because of my gambling, or broken other laws?
- Have I neglected my family or job because of gambling?
- Have I borrowed money from others to pay bills?

HELP IS AVAILABLE.

If you answered "yes" to any of these questions, you can find the treatment program near you by calling:

1-800-547-6133

The call is free. It's confidential.

The time is now.

WHEN GAMBLING CAUSES PROBLEMS
WITH YOUR HEALTH, YOUR RELATIONSHIPS,
YOUR JOB AND YOUR LIFE...

It's time to make a call.

More than 75,000 Washington State residents have a gambling problem. For each gambler, several other lives are affected.

Problem gambling does not discriminate – it can happen to anyone.

For help. For answers. For you or someone you know, call us.

Washington State Problem Gambling Helpline

1-800-547-6133

Calling this number could be your best bet ever.



"My husband has gambled away all of our retirement savings"

– a Helpline caller